



Routine

Reg. No.  
V2021/2106

Date 2023-06-16

LU Estates,  
Division of Security and Environment

## First aid in reference to lacerations, puncture wounds, and exposure to human material on mucous membrane or damaged skin to human material

### Introduction

The routine applies to Lund University and describes measures and division of responsibility in the event of stab and cut injuries or exposure to human material.

Stab and cut wounds in the laboratory are among the most common and constitute the greatest risk of transmitting of blood-borne infections, such as Hepatitis and HIV. For the infection to be transmitted, infectious blood or other blood-mixed body fluids or products must reach the recipient's bloodstream or mucous membranes.

### Purpose

The purpose of this routine is to set out guidance and procedures to be followed by Lund University personnel and students to protect them from transmission of blood-borne pathogens, exposure of the mucous membrane, and outline the steps to be taken when exposed to the risk of infection through sharp object.

## Exposure incidents

In case of **acute** injury with an open, deep bleeding wound or you are unsure about the seriousness of the wound, contact the emergency room.

Follow the instructions below if you have been in contact with or exposed to human material.

### **First aid of lacerations and puncture wounds, exposure of damaged skin to human material**

- Allow bleeding wounds to bleed, but do not induce bleeding.
- Disinfect the contaminated area as soon as possible.
- Use Chlorhexidine alcohol (5mg/ml) for disinfection.
- If Chlorhexidine alcohol is not available, clean the contaminated area with soap and water, then disinfect with 70% Ethanol.
- Protect the wound with plasters or bandages.
- Consider whether there is a possible infection.
- If you consider that there is a possible risk of infection, consult a doctor for further treatment.

### **Exposure of the mucous membrane/mouth or eyes to human material**

- Flush the **mouth** with Chlorhexidine alcohol (5mg/ml), wait for 1 minute and flush the mouth at least twice with water.
- Flush the **eyes** by using the eye-shower or eye-shower bottles in the premises (laboratory, corridor, etc.). If eye-shower or eye-shower bottles are not available, use tap water. Remove any contact lenses and repeat rinse.

**If exposure to blood-borne pathogens is suspected**

- Immediately contact your group leader/line manager and the Occupational Health Service (during their reception hours). Alternatively (outside reception hours) contact the Infection clinic at Skåne University Hospital.

**Note:** If no group leader is available and there is a risk for HIV and /or other blood-borne infections **YOU** must call the Infection clinic yourself!

**Occupational Health Service**

Telephone: +46 46 222 32 80

Opening hours

Monday-Friday 08.00-15.00

Closed for lunch 12.00-12:30

**Skåne University Hospital****Lund**

Daily 08:00 – 15:30 046 - 17 18 54 (Infection clinic)

Non office hours 046 - 17 45 40 (infection specialist on call)

**Malmö**

Daily 08:00 – 12:00 040 - 33 63 43 (nurse office)

Non office hours 040 - 33 88 45 (doctor on call)

**Risks and treatment**

- HIV  
If there is a risk of HIV infection a medical doctor specialized in infectious diseases should be contacted immediately. Post

exposition prophylaxis with antivirals should be started as soon as possible, regardless time of day. If more than 36 hours has been passed since the exposure there is no indication for post exposition prophylaxis.

- Hepatitis B  
Post exposition prophylaxis (immunization) should be started as soon as possible, preferably within 24 hours. Protection is not guaranteed if post exposition prophylaxis is started more than 3 days after exposure.
- Hepatitis C  
Currently there is no post exposition prophylaxis. The follow-up will be monitoring and, if needed, treatment.

## Reporting occupational injuries

- All incidents involving lacerations, puncture wounds, and exposure of mucous membrane or damaged skin must be reported via the IA system ([Report occupational injuries and incidents](#)) which is Lund University's system for digital reporting of incidents and occupational injuries.
- In the event of contact with known or strongly suspected contaminated blood or material, a "serious incident" notification must be made to the Swedish Work Environment Authority. This is done via the notification function, tab "Notification" in the IA system after you have logged in.
- The notification to the Swedish Work Environment Authority must be made the same day as the incident without delay.
- Your division/department Safety Officer must also be informed.
- The incident will be followed up by your manager together with your Health and safety representative, to investigate what occurred and what can be done to prevent anything similar from occurring again. Your local Health, Safety,

and Environment Committee (HSE) will follow up on the matter without your identity being disclosed.